

Harvest of the Month



November



Pears



Pick:

- Choose pears that are free of blemishes and soft spots.
- Pears come in various colors and skin textures; the color may not indicate ripeness.

Store:

- Ripen firm pears at room temperature. To speed up the ripening process, place in a paper bag with a banana.
- Place ripe pears in the refrigerator and enjoy within a few days.

Prepare:

- Wash and enjoy this on the go snack. No need to peel! The skin provides a good source of fiber!

Nutrition Info

One medium pear has 100 calories and provides vitamin C and fiber.

Fun Facts

When a pear tree is planted, it takes 5 to 7 years before it will start producing fruit!

Pears ripen from the inside out and they ripen best once picked.

Did you know that pears don't float like apples do?

Uses

For a quick snack, slice pears and serve with peanut butter.

Place pears on a grilled cheese sandwich. This works especially well with brie or gouda cheese.

We Want to Hear From You!

Share your fruit and vegetable tidbits and tales and be entered into a drawing for a \$25 gift certificate! *Each month we'll ask a new question...and give you a new chance to win!*

Here's This Month's Question:

Throughout La Crosse County, schools, businesses, and workplaces are making changes to make it easier for people to eat healthy, with a special focus on eating plenty of fruits and vegetables. During this month of Thanksgiving, we invite you to tell us about one such health-promoting change that has made a difference for you or your family.

To Enter:

Answer this month's question, listed above. Be creative – we want to hear your stories! Your answer can be long, short or in between.

To be included in this month's drawing, please send your response no later than November 30th, 2013 by e-mail to HOMstories@lacrossecounty.org or send us a facebook message at www.facebook.com/GetActiveLaCrosseCounty

Harvest of the Month

Pear Breakfast Crumble

Serves 8 (1/8th of pan per serving)

Ingredients:

- 4 cups chopped unpeeled apples
- 4 cups chopped unpeeled pears
- 2 Tbsp. flour
- 1 cup oatmeal
- ¼ cup brown sugar
- ½ cup chopped walnuts
- ½ cup flour
- ¼ cup melted butter
- 2 Tbsp. water

Directions:

Preheat oven to 350 degrees. In a medium bowl, combine apples, pears and 2 Tbsp. flour; spread into a 9x13 casserole dish. In a separate bowl, mix oatmeal, sugar, nuts, ½ cup flour, butter and water. Spread oatmeal topping over fruit mixture. Bake for 45 minutes or until topping is brown.

For more information on Farm2School & Foot Steps to Health visit:
www.GetActiveLacrosse.org/

Nutrition Facts

Serving Size 1/8th of pan (170g)
 Servings Per Container 8

Amount Per Serving

Calories 270 **Calories from Fat 100**

% Daily Value*

Total Fat 12g	18%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 55mg	2%
Total Carbohydrate 40g	13%
Dietary Fiber 6g	24%
Sugars 20g	

Protein 4g

Vitamin A 4% • Vitamin C 10%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Color a
 Pear!

